

## Youth Volleyball Camp Registration

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone: \_\_\_\_\_

Girl {    }      Boy {    }

### **Middle School Volleyball Camps** **Grades 6-8 ages 10-13**

Week 1 July 19-23    \$65.00      {    }

Week 2 July 26-30    \$65.00      {    }

Max Enrollment 30 Players

### **High School Volleyball Camps** **Grades 9-12 Ages 13-18**

Week 1 August 2-6    \$110.00      {    }

Week 2 August 9-13 \$110.00      {    }

Max Enrollment 30 Players



Seattle Parks and Recreation  
Green Lake Community Center

Monica Wort

Teen Development Leader

7201 East Green Lake Drive North

Seattle, Washington 98115

206) 684-0780

## Green Lake Community Center Volleyball Camps For Grades 6-12th Boys and Girls

### **Dates:**

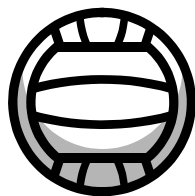
July 19-August 13, 2004



Tel: (206) 684-0780

Bump

Set



Spike

## High School Volleyball Camps

Green Lake High School Volleyball Camps will be covering the basic fundamentals: forearm passing, setting, serving, attacking, blocking, and offense and defense positions.

You will develop important technical skills will be learned through drills and some actual game playing time.

Herman Chin has twenty years of experience working with the Adult Volleyball Education in Seattle and has taught and coached with Boeing's Volleyball Club and Bellevue High School.

**Week 1** **\$110.00**  
**High School Volleyball Camp**  
**Date: August 2 –6, 2004**  
**Time: 8:00 am-1:00 pm**

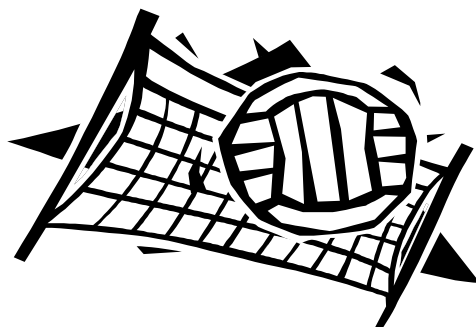
**Week 2** **\$110.00**  
**High School Volleyball Camp**  
**Date: August 9–13, 2004**  
**Time: 8:00 am-1:00 pm**

## General Information

Participants must bring snacks, lunch, and plenty of water each day of the camp. Camps starts at 8:00 am and ends at 1:00 pm. Please make sure all campers have had breakfast prior to camp.

Volleyball kneepads are required for all campers. Campers should also wear comfortable clothing that will allow them free movement, and flexibility.

Scholarships are available but limited, please speak with community center staff for additional information.



Please fill out and return camp applications with camp fee as soon as possible to reserve your spot.

Questions about the volleyball camps? Please call Monica Wort, Teen Development Leader at (206) 684-0780.

Please make all checks payable to Green Lake Advisory Council (GLAC).

## Seattle Parks/StrikeForce Middle School Volleyball Camps

### Week 1: Beginner Level

Join us for a fun week of introductory level volleyball. We will cover the basics including passing, setting and hitting. The fundamentals of each of the positions on the court will be taught, including rotation and areas of court coverage. Our emphasis will be on learning in a friendly atmosphere, team building and lots of hands-on drills for you to improve your game.

**Middle School Volleyball Camp Week 1** **\$65.00**  
**Date: July 19-23, 2004**  
**Time: 8:00 am-1:00 pm**



### Week 2: Experienced Players

This camp is geared toward players who have some experience and have a working knowledge of the sport. Come and hone your skills through hands on drills and scrimmages. We will review different offenses (6-2 and 5-1) and take you through higher intensity, skill-specific exercises to improve your game. Team spirit and having fun are part of our program, as well as shuttle drills and conditioning.

**Middle School Volleyball Camp Week 2** **\$65.00**  
**Date: July 26-30, 2004**  
**Time: 8:00 am-1:00 pm**